

DINNERLY



Cheesy Sweet Chilli Chicken with Roasted Veggies



35 minutes



2 Servings

Have you ever tried sweet chilli sauce with cheese? It's a taste sensation! We've topped juicy chicken breast with the sweet-salty combo and grilled until golden. Serve with a rainbow of roasted veg for a new family favourite.

WHAT WE SEND

- 1 sweet potato
- 1 red onion
- 1 zucchini
- 1 large free-range chicken breast fillet
- 50g cheddar ⁷
- 2 tbs sweet chilli sauce

WHAT YOU NEED

- 1½ tbs olive oil

TOOLS

- 2 oven trays
- baking paper
- foil
- medium frypan
- box grater

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 525kcal, Fat 24.1g, Carbs 31.6g, Proteins 43.5g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled sweet potato** into 2cm chunks. Cut the **onion** into thick wedges. Cut the **zucchini** into 1.5cm-thick batons.



2. Roast veggies

Put the **veggies** on the lined tray. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 25 mins or until tender.



3. Brown chicken

Meanwhile, line an oven tray with foil. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Season with **salt and pepper**. Heat **2 tsp olive oil** in a medium frypan over high heat. Cook the chicken for 1-2 mins each side until browned and almost cooked through. Transfer to the lined tray.



4. Grill cheese

Remove the **roasted veggies** from the oven. Turn the oven to grill mode and preheat to high. Coarsely grate the **cheese**. Spoon **half the sweet chilli sauce** over the chicken (see Make it yours) and scatter over the cheese. Grill the **chicken** for 2-3 mins until the cheese is melted and golden and the chicken is cooked through.



5. Serve up

Press the **roasted sweet potato** to smash. Serve the **chicken** with the **roasted veggies** and **remaining sweet chilli sauce**. Enjoy!



6. Make it yours

Sweet chilli sauce isn't very hot, but if serving this to little ones, you might like to leave it off their portion of chicken.